



**THE WALK FOR ALS** occurs across the country each year in more than 84 communities and is organized by local volunteers. In 2011, the Walks generated more than \$3 million, thanks to approximately 19,000 walkers and more than 165,000 donors.

**WHAT IS ALS?**

Amyotrophic Lateral Sclerosis (ALS) is a devastating neuromuscular disease. ALS is sometimes called Lou Gehrig's disease after the legendary New York Yankees first baseman Lou Gehrig who lost his battle with ALS at age 38. Death typically occurs from respiratory failure within two to five years of diagnosis. There is no known cause for ALS, and to date, no known cure. Research is our only hope. The ALS Society of Canada funds breakthrough research towards treatments and a cure for ALS and supports provincial ALS societies in their provision of quality care for persons living with ALS.

**ALS FACTS:**

- Approximately 2,500 - 3,000 Canadians over the age of 18 currently live with ALS.
- ALS affects the entire family – 90 per cent of the burden of care is shouldered by family members.
- The incidence rate is estimated to be 2/100,000 people per year.
- ALS does not discriminate based on age, race or gender.
- Eighty per cent of people diagnosed with ALS die within two to five years of diagnosis.

**HOW YOUR DONATION HELPS**

Your donation helps in two very critical ways, by:

1. Supporting ALS Canada and our ability to fund breakthrough research into treatments and a cure for ALS.
2. Supporting direct services for people with ALS and their families – educational information, referrals to local health care and community services, equipment assistance, home visits, and co-ordination of peer support groups – through your provincial ALS society.

**FUNDRAISING IDEAS**

- Make your own gift of a donation first. This demonstrates the importance of the cause and sets the stage for other donors.
- Use the online fundraising community at [www.walkforals.ca](http://www.walkforals.ca) and set up a web site. It's easy and allows you to invite people to support you by email.
- Remember you are not asking for yourself, you're asking for an important cause that supports people with ALS and ALS research. Carry your pledge form with you and give as many people as you can the opportunity to support you.
- Look at setting up a walk team. The web site will help you with this.
- Set a goal and work toward it by starting early. Imagine what you could achieve with only one or two pledges a day over a month or two.
- Be positive and remember why the cause is important to you.

Most people diagnosed with ALS lose the ability to use their legs in the first two years of the disease...

*"What Would You Do, While You Still Could?"*



**Local Sponsors:**

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- Friends:** Cambrian Credit Union Lawson Sales  
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 Manitoba Nurses' Union  
 Gunn's Bakery McDonald's Restaurant  
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**WAIVER MUST BE SIGNED BY WALKER**

In signing this release I acknowledge that I understand the intent thereof, and I hereby agree to absolve and hold harmless ALS Society of Canada, the provincial ALS society in which I am participating in the WALK for ALS, corporate sponsors, co-operating organizations and any other parties connected with this event in any way, singly, or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the 'WALK for ALS' in 2012, or any activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness. I also give full permission for use of my name, photo and/or video in connection with this event.

\_\_\_\_\_  
 Signature of Participant

\_\_\_\_\_  
 Parent/Guardian if under 18 years of age

Saturday, June 2, 2012  
**Winnipeg**  
**WALK for ALS**  
**5K**

Assiniboine Park

South East Picnic Area

Registration: 9:00 a.m.

Kick-Off: 10:00 a.m.

\$20.00 Registration Fee  
 (or minimum \$20.00 in pledges)

Dog Friendly  
 (on a leash)



[www.walkforals.ca](http://www.walkforals.ca)



